

Summit County Seniors

August 2016 Newsletter

Inside this Issue

SCSC News, Events	1
Meet the Senior Board Members	2
Happenings.....	3
Bridge, Games, Social, Book Clubs, Gleaning	4
Quilting, AARP	5
Senior Trips	6
Computer Classes & News	7
Menu, Recipe.....	8
Event Calendar	9
Classified Ads	10
Senior Programs	11
Volunteer Opportunities, Easy Ride's Bike Group	12
Golf Program	13
Hiking Groups	14 –15

Visit us on the web:

www.SummitCountyCO.gov

SCSC News

Senior Board & Council Monthly Meeting
Tuesday, August 2.

Newsletter Committee

The deadline for the September newsletter is
Friday, August 5.

In order to meet our print and mailing deadlines, the submission deadlines will always be the first Friday of the month prior unless otherwise noted. Thank you for your help with getting our newsletter out on time! Submissions for inclusion in upcoming newsletters can be sent to CandSC@SummitCountyCO.gov. If you have suggestions regarding the newsletter, please contact: bonniesaunders1@yahoo.com.

Credit Cards

You can pay for Summit County Senior Citizen membership, activities, etc., at the front desk with your credit card (except American Express). This is only for SCSC, not Summit County programs (e.g. lunch, dinner, etc.) payments.

Summit County Community & Senior Center

0083 Nancy's Place
PO Box 1845, Frisco, CO 80443
Phone (970) 668-2940

2016-2017 SCSC BOARD OFFICERS:

Sandy Bainbridge
Marc Schlesinger
Marty Sheets
Bonnie Guthrie
Bob Giordano
Becky Hopkins
Steve Ladin
Evie Lau
Art Kalbach

OFFICE STAFF:

Community and Senior Center Manager

- Lorie Williams (x2945)

Events Program Manager

- Julia Rothschild Gidney (x2956)

Senior Services Program Manager

- to be announced

Principal Admin. Assistant

- Niki Vincze (x2942)

Cook and Kitchen Manager

- Sara Hopkins (x2950)

Office Hours: Mon - Fri, 9am to 5pm

Senior Housing News

A date has been tentatively set for the visit to the Castle Peak property for assisted living and memory care in Eagle, CO. The date is Thursday, Aug. 18. We would meet at the Senior Center and car pool to Eagle about 9:00 a.m. for a 10:00 a.m. scheduled tour of the facility. Please sign up at the Senior Center if you would like to attend this event. If people are interested, we could arrange lunch in Eagle before we return to Summit County. Contact person: Andy Searls (970) 668-0625.

Rummage Sale Volunteers!

Thank you for all of the help with the Annual Rummage Sale! We greatly appreciate all of our volunteers and the team effort to make this event so successful!!

Meet the Senior Board Members!



Sandy Bainbridge— President: My husband Steve and I have lived full time in Frisco for 6.5 years. This is my fifth year on the board and last year as President. I was lucky enough to have Ron Boller as co president the last two years. I retired from the corporate world as the European sales manager from a global management training and assessment company. I work part time now taking care of newborn babies when moms go back to work. My passion for the Senior Center is welcoming new members and managing the publicity for the 50+ Winter Games. I also enjoy the long term strategy we are embracing for adding on to the building and increasing our

services for the baby boomer population.

Steve Ladin—Treasurer:- In June, 2006, my wife, Sandy, and I moved to Silverthorne from Delaware. After a career in accounting, business finance and management in the chemical and healthcare industries, I retired and we moved to Summit County. Interests include skiing (alpine and Nordic), biking (road and mountain), snowshoeing, kayaking and hiking. I've been a member of the Board and Treasurer of the Summit County Senior Center for the past three years, the coordinator of the Great Decisions discussion group at the Senior Center for the last six years, past Treasurer of Synagogue of the Summit for five years, past Treasurer of Summit Music & Arts, a guide at Arapahoe Basin for six years and serve on the Board and Finance Committee of Delaware Hospice (on and off) for 15 years.



Marc Schlesigner— Vice President: We moved to Summit County full time in 2008 to finish my career and to fully retire here eventually. am still a practicing physician at Summit Medical Center as a hospitalist and have been a hospitalist for 19 years now. Prior to that I was a general internist for 19 years all of which where in Auora, Illionis. My interests include cycling, skiing, golfing, hiking, traveling and cooking. My wife and I retired here to pursue all of these interests that we both share. Here I have been active at the hospital and serve as the Medical Director for Bristlecone Hospice. I am becoming more active in the senior center in anticipation for my full retirement.



Evie Lau- I have owned my home in Summit County since 1968 and became a full-time resident eleven years ago. Twelve years ago I organized the silent auction in conjunction with the annual rummage sale and have chaired it since.. Last year the silent auction brought in \$22,000, which helped to provide grants for Summit County 501(c)3 organizations providing services to seniors. As a member of the SCSC Board of Directors, I serve as the Grants Committee Chair. I am a Board member of Alpenglow Chamber Music Festivals, Inc. and served as its chair for six years. My special times are dancing, playing bridge, and hiking with Al and being with our grandchildren.



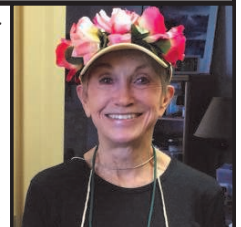
Becky Hopkins— Secretary: I have lived in Frisco for ten years after retiring and moving from Bucks County, PA. I had two careers, one as an English teacher and another 20 years in pharmaceutical market research in Manhattan. My activities in Summit County consist of hiking, biking, kayaking, skiing (alpine and Nordic), snowshoeing. I volunteer for the Forest Service (FENW trail patrols and FDRD trail maintenance), Library, Community Care Clinic, NRO, Lake Dillon Theater, Bravo Vail. I also work at the Frisco Information Center. At the Senior Center I participate in and/or lead book clubs, hiking, biking, trips, Rummage Sale and Winter Games.



Art Kalbach- My wife and I moved to Summit County permanently in 2008 and we started volunteering at the Senior Center in 2009. We became hosts of the Monday Night Dinners in 2010 up until late 2015. I was elected to the Senior Board of Directors in 2014 and due to my wife's health I had to resign in December of 2015. I was just reelected for this term. My interests include hiking, snowshoeing and gleaning.



Bonnie Guthrie: I've lived in Summit Co. for 19 years. As a volunteer for the SCSC, I'm on the council as the coordinator of outdoor activities, liaison for the friends of the Dillon Ranger District Adopt-a-Trail program, serve on the newsletter committee and started Neighbors Helping Neighbors which arranges for seniors to assist other seniors that are temporarily incapacitated or ill by doing small chores such as rides to appointments, grocery shopping, etc. I also volunteer at the animal shelter and will be a small animal rescuer in the event of a wildfire. I'm on the boards of Summit Music & Arts and Summit Biking, Inc.



Marty Sheets: I have lived full time in Frisco for 4 years after retiring and moving from Littleton, CO. My career has been in telecommunications and health-care consulting and most recently my husband and I owned a security company. My interests include biking, skiing (downhill, cross-country and water), hiking, and boating. I have worked on projects at the Community Care Clinic and volunteered for the Winter Games and Holiday Home Tour. I have been on the Boards of the CU EMBA Association, the Lupus Foundation of Colorado, and most recently served as the Treasurer of the SkiMeister's organization for three years.



Bob Giordano- My wife & I have owned a home in Summit County since 1999. We started wintering here in 2001 and have been full time since 2006. I'm an avid skier and have been an Over The Hill Gang ski guide for 8 years at Keystone & 9 years at A-Basin. I'm an avid biker as well. I was one of the founders of the Circle the Summit Bob Guthrie Memorial Ride that helped fund the bike path over Swan Mountain Road, among other things. I've been the facilities chairman for that ride for the last five years. I'm a current member of the Summit Biking Board and I'm also on the set construction crew of the Lake Dillon Theatre. In my former life, I was a high school math teacher & a guidance counselor. Giving back to community I live in has always been a part of my life. By serving on the SCSC Board, I would be giving back to the community I love.



Happenings

The Timberline Toppers Square Dancing

On Saturday, August 6, our caller is Mike Olivieri of Northglenn, CO.

On Saturday, August 20, our caller is Mike Hogan of La Vista, NE.

The above dances are at the Summit County Community and Senior Center, 83 Nancy's Place, Frisco.

> Plus 5:30 to 7:00 PM > Rounds 7:00 to 7:30 PM - Elaine Cowger, cuer
> Mainstream 7:30 PM to 9:00 PM

With Mike Meachum ending July, and Mike Turley starting off September, that gives us a Mike at the mic, four dances in a row!

Always check our website to confirm details:
<http://www.timberlinetoppers.org/>

Line Dancing

Line dancing with instructors Maggie Postlethwaite and Patty Penta. Please contact them with any questions at Luv2dancemaggie@comcast.net or info@pentaphotography.com

Sat., August 6	10am-12am With Patty	Senior Center
Sat., August 13		
Sat., August 20	10am- 12pm With Maggie	Senior Center
Sat., August 27		

Kundalini Yoga

Join Melinda for some great yoga classes!
Questions? Contact Melinda at (970) 333-0504.

Mon., Wed., Fri.	10am	Senior Center
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The Summit Seniors Foundation

To make a gift contribution to the Summit Seniors Foundation by a provision in a will or revocable living trust, please mail to: Summit Seniors Foundation, PO Box 1845, Frisco, CO 80443.

FREE Fall Risk Screenings

These free screenings are a great, quick way to get a sense of your balance and risk for a fall. In addition, we will identify what you can do to help decrease your fall risk. Dates and times are available in the Activity Binder at the Senior Center office. If you have any questions, please contact Pat Aden at 970 668-1812 or paden22156@aol.com.

Balance Assessment

This in-depth assessment is the first step to taking the N'Balance class and a great way to learn more about your fall risks. Dates and times are available in the Activity Binder at the Senior Center office. If you have questions, please contact Pat Aden at 970-668-1812 or paden22156@aol.com

N'Balance

This dynamic evidence-based class will help you improve your balance and decrease your risks for falls. We work on dynamic balance facilitation, CORE strengthening, gait skills and coordination. This class is taught by physical therapists Pat Aden and Gini Patterson who are certified N'Balance instructors. Optional class donations are accepted. Please contact Pat Aden at (303) 810-6879.

Tues.	1:15 - 2:15pm	Senior Center
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Summer Postural Fitness Based on the Egoscue Method®

The Egoscue Method® is a widely acclaimed postural therapy program designed to restore full, natural function to muscles and joints. Exercises are designed to optimize the function of the various muscle groups acting on the skeleton so that they perform the job they were designed to do. The program works to straighten, then strengthen the body so that it responds to demands with minimal stress, resulting in improved performance and reduced strains, injuries and pain. Join instructor Kathy Feeney for Summer Postural Fitness, meeting on Tuesdays, 4:30-6:00pm.

Class sessions include a series of stretches and gentle exercises designed to help your body be the strongest and most flexible it can be and to function the way nature intended. Regardless of previous conditions or injuries, encouraging your body back into correct alignment will assist it in naturally healing itself.

♠ ♣ ♥ ♦ **Bridge** ♠ ♣ ♥ ♦

Group	Day	Time	Info	Comments
ACBL Duplicate	Mondays & Fridays	12:50pm - 4:30pm	Mike Huiatt (210) 310-6656	For partners, contact Howard Brown at (970) 468-2313.
Party Bridge	Tuesdays	12:50pm	Drop in	Hobby Room

Note: Please remain fragrance free as some people are extremely allergic to scents!

8-3 Dorn, Maggie, Steve memorial. Sign up in office.

8-10 Lesson: Slam bidding (or to be announced). Hobby room 3PM to 5PM- \$3 a person

8-17 Eight is Enough Swiss team game. Sign up on bulletin board in Hobby room

8-22 and 8-26 STAC (Sectional tournament as clubs=Silver points) open games

8-24 mentor/mentee game STAC-sign up in hobby room

8-31 Lesson: Defensive carding. Hobby room 3PM to 5PM- \$3 a person

Sept. 7 novice game

Sept 21 eight is enough team game

Coming in Sept. expert guess speaker (Flo Newlin). Time and subject TBA

Games, Social

Activity	Days	Times	Contact	Location/Info
Dominoes	Tuesdays	6-9pm	Sandy Ruggaber (970) 513-8468	Senior Center
Mahjong	Tuesdays and Fridays	12:45pm	Sandy Ladin (856) 275-7187	Senior Center
Social Improv Games	Thursdays & Sundays	1:00- 4:30pm	Helen Fitzgerald (970) 333-1143	Senior Center
GALS (Golden Adventurous Ladies of the Summit)	August 4	4pm	All single ladies welcome!	Dillon Tiki Bar

Book Clubs

Group	Day	Time	Details	Comments
Happy Hour Book Club	Aug 10	4:30pm	"The Girl on the Train" by Paula Hawkins	All are welcome to join us, just read the book and show up! Contact Diane at rdwilliford@outlook.com for more information.
Page Turners Book Club	Aug 16	7pm	"The Children Act" by Ian McEwan	Jane Smith will lead the discussion. Please RSVP to Karen Johns at: karen0102@msn.com or at 319-329-4557 by noon on Friday, Aug.12.

Gleaning Update

We are so pleased to have Janet and John Young managing the gleaning program! They are tireless volunteers! There have been some changes in the program. The Board has voted to no longer glean perishables. It was brought to our attention by Safeway, (they dropped perishable gleaning,) that there is a liability issue when we offer perishables. Legally we have to have trained volunteers and staff in the handling of these items, refrigeration for the perishables, (ice is not enough). Thus the cost of managing this program and the risk of illness from dated perishables is too much for us to assume. While waivers have been suggested, this is not an easy thing to manage with drop in users etc. Bakery items will still be gleaned and offered in the usual location at the Senior and Community Center.

The board appreciates your understanding of these issues. For those that qualify, there are many food banks in the area, where perishables can be obtained. Please consult the office if assistance in finding these resources is needed.

Quilting

Group	Day	Time	Contact	Comments
Quilting/ Retreat	Aug 8	7pm	Monique Brownson monique.brownson@gmail.com	At SCSC, please bring your own project and materials to work on.
Quilting Retreat	Aug 13	9am	Norma Robinson 970-262-1007	SCSC, please bring your own project and materials to work on.
Quilt Show and Exhibit	Aug 14	10am-4pm	Monique Brownson Monique.brownson@gmail.com	At the Frisco Historic Park
Regular Meeting	Aug 22	7pm	Monique Brownson Monique.brownson@gmail.com	At SCSC, please bring your own project and materials to work on.

AARP Driver Safety

Keep up with safety features and traffic changes by coming to the AARP Driver Safety Class hosted by the Seniors on Saturday, August 27 at 9am. This 4 hour class updates your insurance discounts and gives you confidence in your skills. The class involves lively discussions and activities for all! The next class is in August. Register in the Activities Book or call (970) 668-2940. \$15 for AARP members or \$20 for non-members.

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Senior Trips!

September– Discovering Boulder

Date: Wednesday, September 14, 2016 **Trip Leader:** Carol Bosserman, 970-389-2238, bossermancs@gmail.com
Description: Brunch at Chataqua (www.chautauqua.com/dining-hall/overview) followed by a visit to the award-winning *Chief Niwot-Legend & Legacy* exhibit at the Boulder History Museum. Options for the afternoon: walk the Pearl Street Mall and peruse The Peppercorn, a "unique kitchen emporium" and/or the Boulder Book Store, Boulder's largest independent book store; relax/refresh with tea/appetizers at the unique Dushanbe Teahouse, a gift from Boulder's sister city in Tajikistan.
Cost: Brunch and Tea on own; \$4.00 entry to Museum **Sign-up:** At Senior Center; deadline September 7, 2016; limit 16
Meet: Senior Center at 8:30 am to carpool; return 5:00 pm

October– Ojo Caliente Hot Springs (NM)

Date: October 19-21 **Trip leader:** Mary Parrott, canoeparrott@gmail.com, (727)412-4588
Where: Ojo Caliente Hot Springs; 45 min. south of Taos, NM, 1 hr. north of Santa Fe, NM. The website of Ojo Caliente describes the hot springs and the various amenities offered there and in the surrounding area. These include soaking in the mineral springs, yoga, spa treatments, hiking and mountain biking.
Accommodations and reservations: Ojo Caliente requires individuals to make their own lodging reservations using their own credit cards. The phone number to call for reservations is: (800)222-9162, ext.1. There are various lodging options, described on the website. I have reservations at one of the North Cottages for the nights of Oct.19 and 20. These Cottages have kitchenettes, showers, and full soaking pool privileges; they cost \$189 per night for a 2-queen bed cottage (but there is a 10% senior discount). We will be eating dinner in the dining room of the historic hotel, but can have breakfast, lunch, snacks, happy hour in the cottages. Food and extra amenity costs are not included in the lodging fee.
Sign-up: Reservations should be made ASAP, and sign-up at the senior center should be done after this and by Friday, Sept.30 **Transportation:** Some car-pooling may be possible, depending on the activity/side trip interests of participants.



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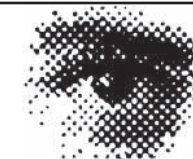
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August Computer Classes & News

We're back on track with our seminar schedule and have two of them set for August. On Saturday, August 6, Dave Bittner will present his seminar "**Safety on the Internet**". Then on Saturday August 20, Chip Babbitt will present his seminar "**Google is Retiring Picasa....What Do We Do Now?**". See more detailed information on these seminars below.

We'll also hold our "**Help Sessions**" as usual on the first three Mondays of the month (see more detailed information below).

There are two ways to sign up for an event: call the Senior Center at 970-668-2940 or, if you're comfortable signing up yourself on the Internet, you can use the link below. We've had some trouble with the link in the past, though it worked just fine for your Editor recently. If the link doesn't work when you click it, select and copy it then paste it into your browser:

https://docs.google.com/spreadsheets/d/13hrEWzwjfgqqlV2H2qyxoz--ETNP5v_M4gaNnPe7dZ4/edit?pli=1#gid=1

Once you're there just find the activity you want to sign up for and add your name and other requested information to the list below that activity. Please remember: if you sign up but then decide not to attend, please let us know ahead of time if possible by calling the Senior Center to cancel.

Here's our upcoming lineup of activities:

Date	Time	Topic
Monday, August 1	4:00 to 5:30 PM	Help Session ¹
Saturday, August 6	9:00 to 11:00 AM	Seminar: Safety on the Internet ²
Monday, August 8	4:00 to 5:30 PM	Help Session ¹
Monday, August 15	4:00 to 5:30 PM	Help Session ¹
Saturday, August 20	9:00 to 11:00 AM	Seminar: Google is Retiring Picasa....What Do We Do Now? ³

Note: all of our activities (seminars and help sessions) are held at the Summit County Senior Center and cost \$5.00 (for Senior Center members) or \$10.00 (for non-members) to attend.

¹ **Help Sessions** - A volunteer will assist you on whatever topic or problem you want to discuss. Just tell us how to contact you and provide us with details on your needs for the session. Remember: you must sign up by 9:00 AM on the Friday before the Monday session. Also note that we must limit the number of attendees (or spouse pairs) to six, *so please be sure to sign up in advance*. Bring your devices with you so we can help you work with your own equipment.

² **Safety on the Internet** – Many people worry about which emails to open and which websites are dangerous. We'll discuss how thieves and hackers operate and how to avoid them. Topics will include:
 The importance of using secure Internet connections and avoiding Internet "traps"
 The importance of (and some options for) using a quality anti-virus program
 Dangers to look for, and look out for, in e-mails and e-mail attachments
 How to set up good, secure passwords
 Keeping your computer and browser up to date and backing up your data
 Protecting yourself when using Smart Phones and tablets, when you visit social media sites, when you use sales sites like Craigslist and when shopping on the Internet.

³ **Google is Retiring Picasa....What Do We Do Now?** - Google (which owns Picasa) has decided to retire the application in favor of their new "Google Photos". If you're a Picasa user, come to our seminar to learn what this is all about and how it will affect you. Bottom line....all your photos and web albums will still be safe and available to you but things will definitely be changing. Join us to delve into the details.

August 2016

Chef Sara's Menu

Meal reservations are required by 8am the day of the meal.

Reservations may be made by calling the **Meals Hotline at (970) 668-2944** or by signing up in the Meals sign up book at the Senior Center. Please note that we do not call back to confirm your reservation. Dinners are \$12 per person, and lunches are \$4.00 to \$6.00 on a sliding scale based on income level. Checks should be made payable to SCG. Menus are subject to change. After-dinner presentations are subject to change.

DINNER - MONDAYS, 6PM

LUNCH - TUESDAYS, NOON

LUNCH - THURSDAYS, NOON

Please join us for "Happy Half Hour" from 5:30 to 6pm before each Monday dinner!

1 <i>Pot Roast</i>	2 <i>Chipped Beef on Toast</i>	5 <i>Burger Bar</i>
8 <i>Lasagna</i>	9 <i>Spaghetti & Meatballs</i>	11 <i>Taco Bar</i>
15 <i>Lemon Chicken</i>	16 <i>Chicken Enchiladas</i>	18 <i>Turkey & Dressing</i>
22 <i>Baked Fish</i>	23 <i>Sausage & Peppers</i>	25 <i>Sandwich Bar</i>
29 <i>Flank Steak</i>	30 <i>Beef Tips</i>	

***Community meals include fresh salad, garden vegetables, bread, dessert, coffee, water & iced tea.
Mountain Meals on Wheels include fresh salad, vegetables, juice and dessert.***

Please note: The Tuesday and Thursday lunch menu may be subject to change based on product availability and attendance.

Lemon Curd

Ingredients:

- 1/2 cup fresh lemon juice
- 2 teaspoons finely grated lemon zest
- 1/2 cup sugar
- 3 large eggs
- 3/4 stick unsalted butter—cut into bits



Preparation:

1. Whisk together juice, zest, sugar and eggs in a 2-quart heavy saucepan.
2. Stir in butter and cook over moderately low heat, whisking frequently until curd is thick enough to hold marks of whisk and first bubble appears on surface (about 6 minutes)
3. Transfer lemon curd to a bowl and chill its surface covered with plastic wrap, until cold, at least 1 hour.

Event Calendar					August	
SUN	MON	TUES	WED	THURS	FRI	SAT
	1 4pm C3 Help	2 1pm Caregiver Support 3pm SCSC Board Meeting	3 10am Bridge Memorial Games	4 4pm GALS	5 Newsletter Deadline	6 9am C3 Seminar 10am Line Dancing 5:30 TT Dance
7	8 4pm C3 Help 4:30pm ask a CFP 7pm Quilting	9	10 1pm Medicare 4:30pm HH Book Club	11	12	13 9am Quilting 10am Line Dancing
14 10am Quilting Exhibit	15 4pm C3 Help	16 7pm PT Book Club	17	18 9am Senior Housing	19 10am Parkinson's Support Group	20 9am C3 Seminar 10am Line Dancing 5:30 TT Dance
21	22 7pm Quilting	23	24	25	26 9am Medicare	27 9am AARP Safe Driving 10am Line Dancing
28	29	30	31			
Recurring Weekly Activities						
SUN	MON	TUES	WED	THURS	FRI	SAT
1pm Social Improv Games	10am Yoga 12:50pm ACBL Bridge 5:30pm Happy Half Hour 6pm SCSC Dinner	8:05/8:35 Golf 8:30 SOB Hiking 8:45 Walkie-Talkies Hiking 12pm Lunch 12:45pm Mahjong 12:50pm Party Bridge 1:15pm N'Balance 4:30 Postural Fitness 6pm Dominoes	6am Mountain Goats Hiking 9am Canine Companions Hiking 10am Yoga	9am HOTS Hiking 12pm Lunch 1pm Social Improv Games	9am Easy Riders Bike Group 10am Yoga 12:45pm Mahjong 12:50pm ACBL Bridge	

Classified Ads

Ad Guidelines

- Ad deadline is the **first Friday of the month** for publication in the following month's newsletter.
 - Please note the rates for ads:
 - 30 words or less: \$10 for SCSC members, \$20 for non-members
 - 31 - 50 words: \$20 for SCSC members, \$50 for non-members
 - No ads over 50 words accepted. (The editor reserves the right to change wording as needed.)
 - Please email advertisements to **CandSC@SummitCountyCO.gov** with the subject header on the email: "Ad – Your Last Name."
 - Ad payment is due by the first Friday of the month prior. Cash or check only. Checks payable to "SCG"
- If you have any questions about placing a classified ad, please contact the front desk at (970) 668-2940

For Rent

Costa Rica 3BR/3BA- Luxury condo on Pacific Coast Highway. Onsite Hot Tub and Swimming Pools. Enjoy nearby Bejuco Beach, Restaurants, Horseback Riding. Breathtaking Ocean Views. (SCSC Member Discounts) Lillian Bickel (970) 455-0199.

Wanted to Rent

Active, responsible senior seeking 2 bedroom, 2 bath condo or apartment in Frisco . January 1-May 1, 2017. I do not smoke and I have no children or pets. I will be coming to Frisco September 14-16. Contact Nancy Mullins in Kansas City, 913-530-8318, or email: nancymullins@nethere.com

Classified Ads

Piano and Organ Instruction Available for adults in Silverthorne! New York Keyboard Instructor, Accompanist and Church Organist since 1967. Beginners/advanced students are welcome!! Call Jeanie Dedrick Kramer at (970) 468-6566.

Real Estate Services Contact Bill Rider, licensed Realtor, with Keller Williams in Frisco. I am an SCSC member and guide in the 50+ Ski Group. I can assist you in real estate transactions of all kinds, listing your home, buying a new home or upgrading to a larger residence. 970-423-6347.

Handyman Plus - Home repair and remodeling. Flooring, tile, drywall, painting, decks, windows, doors. Honest and reliable. Free estimates and references. Recommended in service provider list for Summit Seniors. Sam Maine (719) 264-9492.

Summit Legal Call Nicola (Niki) for all legal services including wills and trusts. Seniors: free consultation and discounted rates. (970) 393-3123 or summitlegalhelp.com.

Events

CASA of the Continental Divide Summer Hoedown at the Keystone Stables on August 4, 2016. Fun for the whole family. 6:00pm -10:00 pm. Advance tickets \$20-\$80. <http://goo.gl/CD6dn3>. (970)513-9390

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Senior Programs

Group	Day	Time	Contact	Comments
Caregiver Support Group	August 2	1pm	Krysta Kolbe For info call (970) 668-2940	Meet at Senior Center. Drop-ins are welcome!
Ask a Certified Financial Planner(CFP)	August 8	4:30pm	Aleda Kresge	(970) 668-8448
Medicare Counseling By SHIP Certified Counselors	August 10	1:00-5:00pm	Front Desk at the SCSC	Dyann Gray (970) 668-2940
	August 26	9:00am-12:00pm	Front Desk at the SCSC	Ed Ozark (970) 668-2940
Parkinson's Support Group	August 19	10:00am	Anne Watson	For info and meeting place, please call (970) 390-9690.
Ask a Lawyer <i>Free 15-min. appt. With an Attorney</i>	September 20	Arrive at NOON to sign up for an appt.	Dave Helmer	Appointments cannot be made in advance. Senior Center

Senior Services

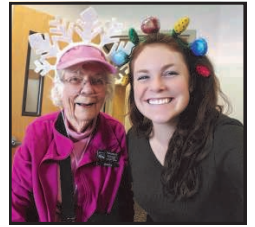
Outreach Committee	Phone Tree!
If you know of someone who is ill or could use some cheering up, please contact Andy Searls at (970) 668-0625. She will send them a card.	We have a phone tree set up for seniors who live alone who would like check-in calls. If you are interested in receiving or making some calls, please contact Sandy Ruggaber at (970) 513-8468.
Care Navigation	Medicare Counseling
Kirstie Taylor, MSW,LCSW and Liz Crandall, MA NCC provide free care navigation services for low-income seniors age 55+. They assist individuals and families with accessing community resources and determining eligibility for public benefits. Schedule a time to meet with Kirstie at (970) 389-5368 and Liz at (970) 485-1863 .	Did you know that you can have your Medicare questions answered in a private 1-hour session at the Senior Center? Services include: understanding Medicare, Medicare supplements and cost plans, navigating medicare.gov for your best personal Part D Drug Plan, comparing employer retirement plan to Medicare. Call the Senior Center for your appointment.
Medical Transportation	Mountain Meals on Wheels
Volunteer drivers provide transportation for seniors to medical appointments in the Front Range and local Summit County. Two weeks' advance notice is helpful. If you or someone you know is in need of a medical transport, or if you would like to volunteer to be a medical transport driver (county vehicle is provided), contact (970) 668-2941.	Home-delivered meals are available for homebound residents of Summit County. Meals are delivered on Mondays, Tuesdays and Thursdays. Contact (970) 668-2941 if you are interested in receiving home-delivered meals.

Volunteer Opportunities

See more opportunities in the Volunteer Happenings e-blast or on our website. Contact us at (970) 668-2940 or candsc@co.summit.co.us for more information.

It is been my pleasure to be the Senior Services Program Manager for you all! Although it is bittersweet— I accepted a job with Mountain Mentors working with youth. I will be staying in the community so I hope our paths continue to cross! Thank you for all of the support and most importantly laughs and relationships that have developed. You, as volunteers, were the absolute best part of my job. Thank you from the bottom of my heart for the countless hours that you dedicate to helping those in our local community. You are a very, very special group of souls.

Best, Alex Rae Cooper

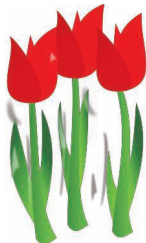


Domus Pacis

Domus Pacis' monthly *Food for Families Friday* gathering at the Summit Community & Senior Center. Come and cook up a storm on the **second Friday of every month**, 11am-2pm, as we gather to have fun. No RSVP needed, though if you are sure that you will attend, let Shelly know by calling (970) 547-4745. This is a great way to meet new people and help nourish **a family on a cancer journey**. If you have an apron please bring it as well as something to tie back or cover your hair and certainly wear closed-toe non-slip shoes.

Senior Garden

Volunteers work on Tuesdays here at the SCSC. If you would like to help please show up at 10am. For more information please contact Janet Young at (970) 485-5775.



Friends of the Dillon Ranger District (FDRD)

Join us, working with FDRD, on Fridays, 9am-noon, August 5 and September 2 for campsite restoration (cleaning and rehab; no heavy lifting). Meet either at the Peru Creek trailhead at 9:00 or at the Office Max parking lot at 8:30 to car-pool. Please register at www.FDRD.org or call 970-262-3449. Questions: Bonnie Guthrie, bonniesaunders1@yahoo.com.

National Repertory Orchestra

Breckenridge Wine Classic September 15-18. The National Repertory is excited to be the beneficiary of the inaugural Breckenridge Wine Classic. Volunteers are need to welcome and direct patrons, check ids, assist with will-call, take tickets, distribute programs and glasses, assist wine representatives and sell merchandise. Volunteers receive a festival volunteer t-shirt and discount on a Grand Tasting ticket. For more information please contact Julie Chandler at 970-453-5825 or julie@nromusic.com

Easy Riders Bike Group

Easy Riders bike group meets every Friday usually at the **Senior Center** but it might be at a more distant trail head, depending on the ride planned (see schedule). Be ready to **ride at 9 AM**. Helmets recommended. Leaders for 2016 season are Ray Smith, Steve Alberico, Jane Hankison. Call Becky Hopkins (668-9494) with questions.

August 5--Idaho Springs to Georgetown and back. Take exit **243**; turn left on CO 103, N/Chicago Creek Rd. Continue onto 13th Ave. Turn right onto Miner St. Destination will be on the right.

August 12—Senior Center to Vail Pass rest area and back (~25 miles). Options: just ride to Copper or start at Copper and just go up Vail Pass. Meet SCSC ready to ride 9:00.

August 19—East Vail to Exit I70 Minturn (20 miles RT) or on to Minturn. Lovely bike path through Vail Valley. Meet at Big Horn Park lot in East Vail (Exit 180, left on Bighorn Road, right on Juniper Lane)

August 26—Ride around Lake Dillon, starting at Senior Center and going clockwise (21 miles) Note that ride from Sapphire Point down to High School is on the road.

2016 Golf Program

The Golf Program this year includes the Keystone River and Ranch courses and the Raven course. We are issuing a Summit County Seniors Golf Card for a nominal fee of \$5 to all active Summit County Senior members. Last year's cards are no longer valid. The benefits of the Golf Card at Keystone and the Raven will be unchanged from last year.

Golf Card Benefits:

Keystone River and Ranch:

• \$75 for 18 holes with same-day tee times, or book online 48 hours in advance at golfkeystone.com using Promo Code "LOCAL16". Please note that residents of Summit County may avail themselves of the 18-hole rate of \$65 when booking same day tee times or online using Promo Code "LOCAL". - \$10 Range Fee. - 30% discount on lessons or \$35 per half hour of private instruction. - 10% discount in the golf shops.

Raven:

- Same day tee times as follows:
 - o May, June, September, October: \$65 AM, \$50 PM
 - o July, August: \$79 AM, \$65 PM
 - o \$10 Range Fee.

10% Discount off all regularly priced items in the Pro Shop.

Tuesday Morning Senior League - Keystone River Course

The rate for the League this year is \$65 and includes 9 holes of golf, cart, lesson and lunch. Call the Keystone River Course Pro Shop at 970-496-1520 to make your reservation.

All events begin with a shotgun start.

Special Golf Outing

No outing has yet been identified for August. Holders of golf cards will be notified if and when an outing has been finalized. For suggestions or questions, please email Tim Lytle at tlytle45@yahoo.com.

The schedule of events and key dates for August are as follows:

Date	Start	Event
Aug 2	8:05am	9 holes with lunch and clinic
Aug 9	8:05am	9 holes with lunch and clinic
Aug 16	8:05am	18 holes short course event with lunch
Aug 23	8:35am	9 holes with lunch and clinic
Aug 30	8:35am	18 holes event with lunch

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Outdoor Activities

Hiking Groups Meeting Places: **C&SC** - Community & Senior Center, **SOM** - Silverthorne Office Max, **SP** - Silverthorne Pavilion, **F** - Frisco Safeway (lot by hwy), **FMS** - Frisco Main Street, **FSS** - Frisco Summit Stage lot, **GH** - Gold Hill TH lot on Hwy 9 across from Tiger Run (Breck), **B** - Breckenridge Gondola. Distance/Elevation - **RT** = Round Trip; **T** - Target **TH** - Trailhead. *Bring wind/rain gear, water and lunch. Wear hiking boots (no sneakers). NO cotton, including jeans. Except for first-time visitors and guests, SCSC membership is required.*

The Herd of Turtles (HOTS)- Hikes are from 2 to 5 miles long. Water, hiking sticks, flower books and money for the optional lunch after the hike are good to bring. Hikers DEPART from the meeting place at 9:00 AM. Please wear a name tag.

Date	Hike	Meet	Leader/Organizer
8/4	Shrine Ridge- Carolyn Harner or Mayflower Gulch- Pam Coffey	F	Carolyn Harner 970-668-9639 Pack a lunch
8/11	Mayflower Gulch- Karen & John Nielsen or Shrine Ridge- Pam Coffey	F	Karen Nielsen 913-522-2783 Pack a lunch
8/18	Cucumber Gulch- Connie Eberhart or Bakers Tank Trail—Pat K	B	Connie Eberhart 402-301-6806 Lunch open
8/25	Bakers Tank Trail - Connie Eberhart or Cucumber Gulch - Bonnie Guthrie	B	Connie Eberhart 402-301-6806 Lunch open

Canine Companions- Wednesdays 9:00am . Non-dog owners welcome. If weather is questionable, contact leader to confirm.

Date	Trail	Meet	Leader	Notes
8/3	Officers' Gulch	F	Howard Brown 970-468-2313 brown.howard2@gmail.com	Longer, steep, bring lunch
8/10	Upper Straight Creek	SOM	Joan Tilden 303-903-0964 jxtilden@gmail.com	Moderate, bring lunch
8/17	Mayflower Gulch	F	Tammy McCammon 970-691-5728 tamccammon@hotmail.com	Moderate, bring lunch
8/24	Corral Creek	F	Connie Eberhart 402-301-6806 ceberhart1@cox.net	Moderate, bring lunch
8/31	St's. John	SOM	Loralee Hettinger 719-510-1963 ride_sea2sea@mac.com	Longer, bring lunch

Walkie-Talkies- Please meet at the designated place at 8:45 a.m. ready to depart at 9 a.m. Bring water, snacks, rain/wind gear, hiking shoes and hiking poles as needed. No need to sign up ahead of hike. Plan on a 3-4 hr. commitment.

Date	Trail	Distance/Elev. Gain	Meet	Leader
8/2	Black Powder Pass	3.5mi.RT/+670	B	Jilane Savignano (309) 558-4613
8/9	Wilder Gulch	6mi.RT/+1000'	FSS	Irene Hayes (303) 229-4976
8/16	McCullough Gulch	3mi.RT/+900'	B	Connie Eberhart (402) 301-6806
8/23	Brush Creek	4mi.RT/+1230'	T	Judy & Bob Ruuhela (847) 910-0210
8/30	Mesa Cortina	5 mi. RT/+900	T	Becky Hopkins (970) 668-9494

Summit Older Bushwhackers (SOBs)- Moderate An email list of hikers is maintained by Paul Finkel. If you want your name added in order to be notified of any changes, email him at epfinkel@gmail.com. Leave on Tuesdays at 8:30am sharp.

Date	Meet	Hike	RT Miles	Leader
8/2	B	Black Powder Pass	5 mi., 1,000'	Paul Finkel epfinkel@gmail.com
8/9	F	Wheeler's Lake	6.4 mi, 1,320'	Dyann GrayDyann gray@comcast.net
8/16	SOM	Straight Creek to Coon Hill	6.0 mi., 1,400'	Don Langmuir margerylangmuir2@gmail.com
8/23	F	Clinton Reservoir to Mayflower Gulch MUST RESERVE SPOT WITH RITA. START IS 8:00.	5.5 mi, 1,280'	Rita Adams wesrita@gmail.com
8/30	F	Bowman Shortcut, 2 Elk Pass	8.0 mi. 1,200'	Linda Ginsberg lindagins@mac.com

Mountain Goats—Wednesdays (difficult, challenging hikes). Hikes in wilderness are limited to 15; please register.

Last minute updates about our hikes are at SummitMountainGoats in YahooGroups.com. You must have a current Yahoo login to access this site.

Date	Destination	Dist/ Elev.	Time/ Place	Leader	Register?
8/3	Peak 3	8mi/2400'	6:00am/ SCSC	Martine Matzke	mrmatz@comcast.net
8/10	Long's Peak			Linie Zumberg zumberge@yahoo.com Chip Babbitt cdbabbitt@comcast.net	Limit 12; You must register with a leader for details
8/17	The Thorne			Mike Uyvari mikejoe53@hotmail.com Candace Winkle	Limit 15. Optional overnight on Tuesday 8/15. You must register for details.
8/24	Buckeye Peak	10mi/2900'	6:00am/F	Martine Matzke mrmatz@comcast.net	http://www.summitpost.org/buckeye-peak/578262
8/31	No hike scheduled at this time. Consult the website in August for updates.				



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August 2016



Photos submitted by Charlotte Clarke, Sandy Bainbridge and Chip Babbit. If you have any photos to submit for the newsletter please email candsc@summitcountyco.gov! We would love to feature you!!